



BigDog
SUPPORT SERVICES

October 2019 Newsletter

NATIONAL
HOMELESSNESS WEEK

MENTAL HEALTH WEEK





NEWSLETTER

ndis
REGISTERED
PROVIDER

Steven's Editor's Notes

Hi everyone,

This is the first newsletter since June as I have been busy putting together our Service Information guide so that it would be ready for the NDIS price rise on the 1st July. Being a Registered NDIS Provider we are required to provide certain information and pricing to participants and this innovative guide contains details of our services, our pricing, transport and cancellation policies in line with NDIS guidelines as well as information about our management team and contact details. The guide has been well received by participants, support coordinators, LAC, NDIA and other NDIS providers.

In August, I completed 2 of our guide books, "Now you're 16" and "Now you're 18" (Page 3) which are now available online and with the support of DISCO, David Janetzki MP and Trevor Watts MP we will be printing hard copies to go into High Schools in the region.



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News Hound COVER STORY

National Homelessness Week

There has been a significant amount of media coverage recently around Homeless Week and Base Services' fundraising efforts. CG Law was proud to be part of these efforts with Ben Gouldson, Simon Playford and Kyle Paull sleeping out overnight to raise money and awareness of the persistent issue of homelessness.

CGLaw also partnered with Russell Mineral Equipment as major sponsors of last week's Base Services Homeless Week Breakfast which was held the morning after the sleepout.

Base Services provides free lunch time meals, swags, homeless food hampers, clothing, hygiene packs, case management and access to outreach support services, weekdays, to people in need including men and



A heartfelt thank you to everyone who contributed to Ben, Simon and Kyle's fundraising efforts. (Kyle was sponsored by BigDog) They have raised over \$2,000 - exceeding their goal.

Over 163 people joined Base Services Coordinator Nat Spary for his first night of Homeless for a Week in the winter cold on Monday 5th August to support the annual running costs of the Basement Soup Kitchen.

women of all ages who are homeless or at high risk of homelessness.

This may include ex-service people, people with health issues, individuals, families, people with addictions, Indigenous Australians, migrants and people facing trauma due to grief, loss or separation.

According to Nat, "the only reason the Basement continues to operate is because of the generous support of the Toowoomba community, as the Basement receives no government funding."

Price Guide 2019-2020 (1st October)

Disability-Related Health Supports Funding

From the 1st October 2019, more than 90 additional disability-related health supports will be available to purchase using NDIS funding.

The NDIS will fund disability-related health supports for participants who need help to manage a range of needs including those associated with continence, respiratory care, nutrition, wound and pressure care, dysphagia, diabetes, podiatry and epilepsy.

The health system will continue to be responsible for all acute/post-acute care (e.g. hospital and Hospital in the Home) and chronic health conditions not related to a participant's disability, diagnostic, palliative or time limited (non-ongoing) conditions.

Most participants will get disability-related health supports included in their NDIS plan at their next plan review. In the meantime, the NDIA is contacting people likely to be eligible via letter, email, SMS or phone call over the coming months.

Additional Updates

- Added definition and list of isolated towns that were reclassified as Remote
 - Supported Independent Living (SIL) for Providers using the latest SIL tool template
 - Early Childhood Early Intervention (ECEI)
 - Nursing Support Items
 - Participant transport examples for claiming purposes
-

Fraud is a Crime

Media Statement 20th September 2019

The NDIA would like to reassure participants and their families the entities which have been subject of media reporting today in relation to alleged fraud and forgery, are not eligible for Specialist Disability Accommodation (SDA) funding.

LBA Capital and Living Bright Australia have no enrolled SDA dwellings, as such they have not, and cannot, receive any SDA funding and no NDIS participant has been affected. SDA buildings must meet specific design standards for safety and accessibility, be fully constructed, and enrolled as an approved dwelling with a participant in residence, before SDA plan funds can be claimed.

SDA funds are not paid to developers in advance. The NDIS does not provide seed funding or capital to registered SDA providers to acquire land, or to finance construction.

Fraud is a crime. Anyone who is aware that fraud is being committed against the NDIS should contact the police or the NDIS fraud hotline on 1800 650 717.

Funding Grants

The Australian Government has announced applications are now open to share in \$62 million worth of National Disability Insurance Scheme (NDIS) Information, Linkages and Capacity Building (ILC) grants.

Teenagers **TRANSITION GUIDES**

Now You're 16

Preparing students with the knowledge, skills and confidence to participate successfully in the community and the economy is essential to securing young people's future.

Careful planning and preparation helps ensure a smooth transition into employment, further education, vocational training and life in the community.

This guide is designed to give schools, students and parent/carers a step by step overview of the supports available through government agencies and the community.

Use the links to visit the particular online site

Now You're 18

The guides include sections that explain about:

- Teenagers and the law
- National Disability Strategy
- NDIS Quality and Safeguards
- Australian Taxation Office
- Medicare
- myGov
- Centrelink
- Concession Cards
- Money and Banking
- Community Information



Disability Awards

The 2019 Business Disability Awards was held on the 12th September with MC David Iliffe, ABC Southern Queensland Breakfast announcer and Guest Speaker Jessica Rowe an journalist and TV presenter.

Award Winners included:

- Outstanding Volunteer - Peter Cook
- Outstanding Employee - Ciara Murphy
- Outstanding Employer - CCP Your Catering People
- Social Inclusion - Megan Telford
- Aim High Scholarship - Geoffrey Whitbread
- Innovation & Access - Wellcamp Airport

You can read about all of the winners and their inspirational stories at:

[https://www.facebook.com/
ToowoombaBusinessDisabilityAwards/](https://www.facebook.com/ToowoombaBusinessDisabilityAwards/)

Sad Loss

It is very sad to announce the loss of one of our clients especially when they were let down by the very government agencies and systems that are there to support them.

Kenneth (Kenny) Horneman was a long term client and resident who passed away on the 2nd September 2019. Kenny was 46 years.

Kenny was returned to his extended family in St George to be remembered.

Queen's Park Market

The market is held every 3rd Sunday of the month from 8am to 1pm, except September, Frogs Hollow, Hume Street, Queens Park, Toowoomba .

WhatsUp in Disability has been successful in being selected to auspice the Queen's Park Market after St Vincent's Hospital withdrew.

As a registered charity we are always looking for ways to finance the magazine and this is truly the opportunity of a lifetime and we are grateful to the Committee of the Market for selecting us as its fundraising charity.

Check out our interview with Daryl from TV4350 Community TV at:

[https://www.facebook.com/
queensparkcraftmarket/](https://www.facebook.com/queensparkcraftmarket/)

Carnival of Flowers

Now in its 70th year, the Toowoomba Carnival of Flowers has been growing bigger, brighter and more colourful each year.

It is the longest running floral event of its kind in Australia as the premiere celebration of flowers, food, wine, culture, entertainment and all things spring!

This year again produced a vibrant street parade, fascinating flowers, and floral displays, fabulous food, wondrous wine, awe-inspiring art, imaginative interactive workshops and exceptional entertainment, the Toowoomba Carnival of Flowers had something for everyone!

Community PARTNERSHIPS

Disability Action Week

Celebration of WhatsUp in Disability

Thank you Queensland Government's Department of Communities for the funding that allowed us to run an information day in the Bell Street Mall. Advertisers in the magazine were invited to have a stall to show attendees some of the services that they offer.

Entertainment included music by the Denise Kimber Band, 102.7 FM Radio Announcer Tony Wigan, Blind Basket Ball through the Toowoomba Mountaineers and there was cake - enough for everyone.



To obtain a copy of WhatsUp in Disability magazine or to be an advertiser, please contact WhatsUp via:

Office 4/33 Bell Street, Toowoomba

Email admin@whatsupindisability.org

Phone 4632 6678

Online www.whatsupindisability.org

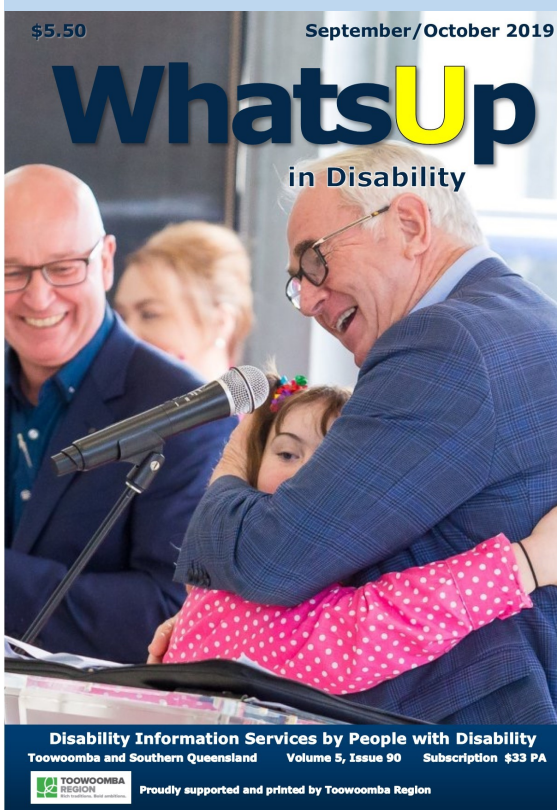
Sep/Oct Magazine

WhatsUp in Disability

Stories in this issue include:

- National Homeless Week
- HELP National Award
- Carnival of Flowers
- Student Transition Guides
- Disability Action Week
- IDPwD Patron of 2019
- Mental Health Week
- Paul Myatt Community Centre

Steven Paull President



DISABILITY ACTION WEEK

Community Festival

Disability Action Week was busy time for us with the Toowoomba Region Community Festival at the Village Green where we had an information stand, WhatsUp in Disability Celebration in the Bell Street Mall where we participated in a game of blind basketball, radio interviews, music by the Denise Kimber Band and cake, cake and cake.



What's happening in **MENTAL HEALTH WEEK**

Hop On - Hop Off Bus

This is a Free Event

A Mental Health Week activity "Hop on Hop off" bus tour. Starting outside the Toowoomba Library the 8th October at 9.00 am (Buses supplied by BigDog Support Services).

Grab something to eat from the free BBQ, get on the bus for a tour of four different stops:

Emerge Café for an easy healthy cooking demonstration, some information around mental health, listen to some short videos around the different mental health issues people have experienced and how they deal with this, stay longer or catch the next bus (approximately 25 min intervals)

The Cedar Centre to learn about education, strategies to help minimise mental health stressors while studying or in your daily life.

The Paul Myatt Centre we will give you the drums to beat out a tune. Have a cuppa and some damper, talk to people from the AFL who have had struggles with mental health and maintain a purposeful life, run around and shout out!!

Catholic Care will be hosting a Yarning Circle, get involved and have a chat or just sit back and listen to others, you are welcome to join in at any time.

This event is jointly organised by the Toowoomba Health Service Navigator a Neami National service that provides a single point of entry to assist people in finding and engaging with mental health support.



WhatsUp in Disability, a bi-monthly magazine written by people with disability for people with disability.

BigDog Support Services, a local family-owned NDIS Registered Provider of core supports, group activities and life skills training..

The Cedar Centre is committed to providing quality training and assessment as well as a number of community engagement programs .

Emerge Café is an innovative co-working foodie platform. All profits from our cafe help employ young people who are homeless, facing hardship or are socially marginalised.

Catholic Care provides a range of services to promote individual, family and community wellbeing.

Everyone is invited to participate in the day.



Photograph GALLERY



Sharon Boyce and Coralee O'Rourke MP for the launch of Sharon's new book Discovering Dyslexia



Employment Extravaganza at the newly refurbished Town Hall Annex



18th Annual **BREAKING FREE**

Friday 18th October 2019

President's Room City Golf Club

5:30 pm to 9:00 pm

Entry is free

Come along and enjoy a night of fancy dress, music, entertainment, variety acts, flash dance, the Rainbow Choir, Blind Speed motorcyclist record holder Ben Felton, and more surprises.

RSVP by 23 August 2019 if you would like to perform at the concert.

Michael Burge 0447 642 592

diliburge99@yahoo.com.au

Please NOTE: This is not Mental Health Week but the week following

Guest Speaker - Ben Felton

Record holder Ben Felton puts his rivals on notice for the 2020 World Speed Trials

The world's fastest blind motorcyclist, Ben Felton, is predicting speeds of up to 300km/h at the 2020 FIM World Speed Trials in Lake Gairdner, South Australia.

Just back from competing in the 2019 Speed Week, Felton consistently raced within 5km/hour of his 272.596km/h blindfold world record despite enduring extreme temperatures, gusting winds and a shower that wet the track for the second half of the event.

Guiding Felton during his runs is former MotoGP racer, Kevin Magee. They use radio-mounted helmets to communicate with basic left/right, stop/go commands.

"The Ninja went like an arrow," Ben says. "There is so much left in it. 300 (km/h) plus is firmly in our sights."



**breaking
free**

Friday 18th October 2019

President's Room

City Golf Club

Toowoomba

5:30pm to 9:00pm

Entry **Gold Coin**

Come along dressed in Motor Bike Fancy Dress...

Everyone is Welcome

Our thanks to our Sponsors Richmond Fellowship QLD
Lifeline Darling Downs - WhatsUp in Disability - BigDog Support
Partners in Recovery - Toowoomba Hospital Foundation
Queensland Health - Fitzy's Toowoomba - Warrina Services
City Golf Club - Mountains of Hope Peer Network (MoHPN)

A night of music,
entertainment,
variety acts and
more surprises

Guest Speaker

Ben Felton

The world's fastest
blind motorcyclist

Be Entertained

Bronwyn Herbertson
Rob McGrigor
The Rainbow Choir
Drum Dance Belly Dance
Denise Kimber Band
Flash Dance Surprise
Rigg'd Dance Crew
FAD Cheer & Dance
SALT 7 piece R&R Band

Contact Michael

Phone
0447 642 592
Email
diliburge99@yahoo.com.au



Day Service with SHARON

October is full of activities

Check out the October Calendar for:

- 4th Friday day out to the Jondaryn Woolshed entry fee \$5
- 7th Queen's Birthday Holiday
- 8th Mental Health Hop On - Hop Off Bus
- 16th Bushfire Appeal Morning Tea - Gold Coin Donation
- 18th Breaking Free Concert - City Golf Club
- 22nd Drayton Train Museum - Entry is a Gold coin donation
- 25th Opals Downunder Sunshine Coast - entry, opal hunting, lunch \$66
- 31st Halloween Celebration so wear your spookiest costume



BigDog Day Service Toowoomba

Paul Myatt Community Centre
11-15 Alexander Street
North Toowoomba 4350

Coordinator

Sharon Price

Phone: 4512 6020

dayservice@bigdogsupport.com.au

SHARON



Bushfire Appeal



**Gold Coin Donation
Morning Tea
Wednesday 16th October 2019
Everyone is welcome**

Bookings are essential

**OPALS
DOWN UNDER**



Sunshine Coast
Queensland Naturally refreshing

Fossick through thousands of different gemstones, where you can spend hours finding your very own collection of gems including opals.



Friday 25th October 2019
\$66 includes transport, entry, opal fossicking, morning tea and lunch

Rockhampton with SUZANNE



Beach Day Out

A sea of smiles filtered through Bell Park, Emu Park in celebration of Disability Action Week.

Hundreds of Central Queenslanders gathered to the coastal town to explore the activities, opportunities and entertainment on offer at the annual Beach Day Out.

Supported by the Livingstone Council, the event aims to provide a fun day at the beach for the whole community, and in particular for people with a disability who may ordinarily have difficulty in easily accessing such an event.

BigDog Rocky was among an array of services offering information as well as a number of activities including hair extensions and face painting.

Thanks to all our staff, participants and families who came along to help construct our new branded marquis and also contributed to the success of the day by helping to promote our support services.



BigDog Day Service Rockhampton

206 Murray Street,
Allenstown, Rockhampton 4701

Coordinator

Kylie Shields

Phone: 4573 4611

ssmith@bigdogsupport.com.au

sheit@bigdogsupport.com.au

Safety matters with

STEVE



Is your workplace mentally healthy?

One in five adult Australians experience a mental health condition in any given year. Workers who feel their workplace is mentally unhealthy are three times more likely to take time off work than those in mentally healthy workplaces. So it makes good business sense to make sure your workplace is one that protects and promotes mental health and empowers people to seek help for mental health conditions, for the benefit of the individual, organisation and community.

Employers can make a real difference to the mental health of their workers by managing risks to mental health, promoting and supporting positive health and wellbeing practices, and providing support mechanisms.

Under Australian health and safety legislation, employers have a duty of care to ensure the health and safety of workers, both physical and psychological. It is important to recognise mental health hazards, such as work-related stress, violence, fatigue and bullying, and to look at ways of managing risks through good work design.

If you notice that you or one of your colleagues is exhibiting some of the symptoms, seek appropriate assistance. Asking for help may be as simple as talking to your coordinator about work-related factors that might be increasing stress, such as high workloads and tight timeframes.

Shane Webcke, football legend and sports presenter, is Queensland's Safety Ambassador. Shane has a strong connection and commitment to work safety as his father was killed in a workplace incident.

I lost my dad in a workplace incident, so I know first-hand that family and loved ones are the most important reason for work safety. Shane shares the story of how his father's death impacted his family, visiting Queensland businesses and speaking with workers about the importance of staying safe at work.



Mindfulness for Care Workers

In a world full of doing, doing, doing, it's important to take a moment to breathe, to just be.

Learning awareness, focus and active listening skills enables carers to have more empathy, job satisfaction and sense of wellbeing.

4 hour workshop 1st October 2019

**Investment in your own wellbeing
\$100**

For more information contact Ann on
0427180429

Staff information with ANN

Hike for Homeless

Join our BigDog team participating in Hike for Homeless commencing at Jubilee Park, Bridge Street (opposite Dudley Street), Toowoomba on Saturday 26th October, 6am for a 6:30 start for the 20km Hike.

The hike is aimed at people of all levels of fitness:

5km \$25 Adult, \$10 Children under 17, \$60 a Family.

10km \$35 Adults, \$20 Children under 17.

20km \$60 Adult, \$30 Children under 17

Hike for Homeless is aimed at raising awareness of homelessness in Toowoomba and much needed funds to ensure the Basement Soup Kitchen can continue to provide lunch time meals, blankets, clothing and essential services to people who are homeless or at high risk of homelessness in Toowoomba.

Public Holiday

A reminder that Monday 7th October is the Queen's Birthday Holiday.

In a battle of the ideologies, Labor won its fight to reverse the LNP's decision to move May Day to October, in what was in itself a reversal of the Bligh Labor Government's intention to move the June Queen's Birthday holiday to the second half of the year.

Daylight Saving Time

Daylight Saving Time (DST) is used in the Australian Capital Territory, New South Wales, South Australia, Tasmania, and Victoria. Here, it starts Sunday 6th of October 2019 and ends the 1st Sunday of April 2020.

Western Australia, Queensland, and the Northern Territory don't use DST.

Birthdays



October

3rd	Jack R
5th	Richard N
8th	Louise A
10th	Robert C
21st	Steven Daniel S
23rd	Luke P
25th	Andrew N

Have a great day!



What's happening in **OCTOBER**



**OCTOBER
BREAST
CANCER
AWARENESS
MONTH**

**NATIONAL
CARERS
WEEK
2019
13-19 OCTOBER**



7th National Brain Injury Conference
University of Melbourne, Parkville Victoria
28th and 29th October 2019

brain injury AUSTRALIA
www.braininjuryaustralia.org.au



2019
**Queensland Community
Development Conference**
TOOWOOMBA 23-25 OCTOBER 2019

*A Place for
Everyone*



Queensland

Mental Health Week

Week

Darling Downs Health

Mental Health Week Art Exhibition

Call for Entries
 Art
 Craft
 Photography
 Woodwork
 Handicraft
 Information Stalls

Exhibition Date
 October 10, 2018

Notify of your entry
 by Friday September 27, 2019

For more information, contact
 DDHHS-Consumer-Engagement@health.qld.gov.au

phn Public Health Network Queensland

This service is supported by funding from the Australian Government under the JPK Program.

Queensland Government

Hike for Homeless

Saturday 26th October

Raising awareness of homelessness in Toowoomba and much needed funds to ensure the Basement Soup Kitchen can continue to provide lunch time meals, blankets, clothing and essential services.



TUNE INTO

TONY WIGAN SHOW

THURSDAY 3-6pm

JPs in the Community

Justice of the Peace

This service is available at the Paul Myatt Community Centre 11-15 Alexander Street Toowoomba (please make an appointment)

The JPs in the Community Program is also available through major shopping centres, libraries, court houses and hospitals.

10 YEAR ANNIVERSARY

Black Dog Ride
 AROUND AUSTRALIA 2019

Queensland

National
WATER WEEK

21-27
OCTOBER
 2019

BigDog

Contact Us

BigDog Support Services

232 Ruthven Street
 Toowoomba QLD 4350

PO Box 234
 Harlaxton QLD 4350

(07) 4632 9559

1800 22 44 32

0427 408 698 (On Call)

www.bigdogsupport.com

2019 Toowoomba Tennis International

Sunday 6 October – Sunday 13 October
 Toowoomba Regional Tennis Centre - USQ

FREE ENTRY

What's happening at **BigDog**



ndis
REGISTERED
PROVIDER

**Lawn mowing
Whipper snipping
Garden Care**

From
\$46.20
per team member

A well maintained yard provides a great look and feel to any home and increases the appeal of your property

**Bookings
4632 9559**




**Quality Work
Friendly Service
Reliability**

ndis
REGISTERED
PROVIDER

From
\$41.43
Per person

**Dusting
Vacuuming
Mop floors
Kitchens
Bathrooms
Toilets**

**Bookings
4632 9559**

Cleaning is for an average residential unit or home on a regular basis on an NDIS service contract, using BigDog cleaning equipment. Cleaning teams consist of 2 members and charged per person per hour



At home or in the community
BigDog works with **you** to achieve **your** goals

registered NDIS provider

www.bigdogsupport.com
Toowoomba | Rockhampton



BigDog 1800 22 44 36

